



National Nutrient Database for Standard Reference  
Release 28 slightly revised May, 2016

**Full Report (All Nutrients) 01076, Milk substitutes, fluid, with lauric acid oil**

**Report Date: July 05, 2017 03:32 EDT**

Nutrient values and weights are for edible portion.

Food Group : Dairy and Egg Products

**Carbohydrate Factor: 3.87 Fat Factor: 8.79 Protein Factor:4.27 Nitrogen to Protein Conversion Factor:6.29**

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 244g	1 quart 976g
<b>Proximates</b>						
Water	g	88.18	--	--	215.16	860.64
Energy	kcal	61	--	--	149	595
Energy	kJ	257	--	--	627	2508
Protein	g	1.75	--	--	4.27	17.08
Total lipid (fat)	g	3.41	--	--	8.32	33.28
Ash	g	0.50	--	--	1.22	4.88
Carbohydrate, by difference	g	6.16	--	--	15.03	60.12
Fiber, total dietary	g	0.0	--	--	0.0	0.0
<b>Minerals</b>						
Calcium, Ca	mg	33	--	--	81	322
Iron, Fe	mg	0.39	--	--	0.95	3.81
Magnesium, Mg	mg	6	--	--	15	59
Phosphorus, P	mg	74	--	--	181	722
Potassium, K	mg	114	--	--	278	1113
Sodium, Na	mg	78	--	--	190	761
Zinc, Zn	mg	1.18	--	--	2.88	11.52
Copper, Cu	mg	0.051	--	--	0.124	0.498
Manganese, Mn	mg	0.097	--	--	0.237	0.947
Selenium, Se	µg	1.9	--	--	4.6	18.5
<b>Vitamins</b>						
Vitamin C, total ascorbic acid	mg	0.0	--	--	0.0	0.0
Thiamin	mg	0.012	--	--	0.029	0.117

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 244g	1 quart 976g
Riboflavin	mg	0.088	--	--	0.215	0.859
Niacin	mg	0.000	--	--	0.000	0.000
Pantothenic acid	mg	0.000	--	--	0.000	0.000
Vitamin B-6	mg	0.000	--	--	0.000	0.000
Folate, total	µg	0	--	--	0	0
Folic acid	µg	0	--	--	0	0
Folate, food	µg	0	--	--	0	0
Folate, DFE	µg	0	--	--	0	0
Vitamin B-12	µg	0.00	--	--	0.00	0.00
Vitamin A, RAE	µg	0	--	--	0	0
Retinol	µg	0	--	--	0	0
Vitamin A, IU	IU	0	--	--	0	0
<b>Lipids</b>						
Fatty acids, total saturated	g	3.037	--	--	7.410	29.641
4:0	g	0.000	--	--	0.000	0.000
6:0	g	0.000	--	--	0.000	0.000
8:0	g	0.192	2	--	0.468	1.874
10:0	g	0.176	2	--	0.429	1.718
12:0	g	1.421	2	--	3.467	13.869
14:0	g	0.592	2	--	1.444	5.778
16:0	g	0.326	2	--	0.795	3.182
18:0	g	0.312	2	--	0.761	3.045
Fatty acids, total monounsaturated	g	0.176	--	--	0.429	1.718
16:1 undifferentiated	g	0.000	2	--	0.000	0.000
18:1 undifferentiated	g	0.176	2	--	0.429	1.718
Fatty acids, total polyunsaturated	g	0.008	--	--	0.020	0.078
18:2 undifferentiated	g	0.008	2	--	0.020	0.078
18:3 undifferentiated	g	0.000	2	--	0.000	0.000
20:4 undifferentiated	g	0.000	--	--	0.000	0.000
Cholesterol	mg	0	--	--	0	0
Phytosterols	mg	3	--	--	7	29
<b>Amino Acids</b>						
Tryptophan	g	0.024	--	--	0.059	0.234

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 244g	1 quart 976g
Threonine	g	0.074	--	--	0.181	0.722
Isoleucine	g	0.107	--	--	0.261	1.044
Leucine	g	0.173	--	--	0.422	1.688
Lysine	g	0.141	--	--	0.344	1.376
Methionine	g	0.053	--	--	0.129	0.517
Cystine	g	0.008	--	--	0.020	0.078
Phenylalanine	g	0.094	--	--	0.229	0.917
Tyrosine	g	0.100	--	--	0.244	0.976
Valine	g	0.125	--	--	0.305	1.220
Arginine	g	0.069	--	--	0.168	0.673
Histidine	g	0.052	--	--	0.127	0.508
Alanine	g	0.055	--	--	0.134	0.537
Aspartic acid	g	0.124	--	--	0.303	1.210
Glutamic acid	g	0.398	--	--	0.971	3.884
Glycine	g	0.035	--	--	0.085	0.342
Proline	g	0.197	--	--	0.481	1.923
Serine	g	0.108	--	--	0.264	1.054
<b>Other</b>						